



Express Mail" mailing label number ED418097589US
I, Peter K. Trzyna (Reg. No. 32, 601), hereby certify that this paper or
fee is being filed by depositing it with the United States Postal Service "Express
Mail Post Office to Addressee" service under 37 CFR 1.10 on the date
indicated below and is addressed to MS: Notice of Appeal, Commissioner of
Patents, P.O. Box 1450, Alexandria, VA 22313-1450 on the date set forth below:

Signed: _____

Peter K. Trzyna (Reg. No. 32,601)

Date: September 11, 2006

PATENT

Paper No.

File: Hinne-P3-01

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Inventor	:	Michael Hinnebusch
Serial No.	:	10/015,866
Filed	:	12 December 2001
For	:	SYSTEM AND METHOD TO IMPROVE FITNESS TRAINING
Group Art Unit	:	3639
Examiner	:	NELSON, Freda Ann

MS: Notice of Appeal
Commissioner of Patents
P.O. Box 1450
Alexandria, VA 22313-1450

NOTICE OF APPEAL

S I R:

Applicant hereby submits this Notice of Appeal to appeal to the Board of Patent
Appeals from the decision of the Examiner mailed September 11, 2006, finally rejecting claims
1-75, and objecting claims 41-42.

APPLICANT CLAIMS SMALL ENTITY STATUS. The Commissioner is hereby
authorized to charge any fees associated with the above-identified patent application or credit
any overcharges to Deposit Account No. 50-0235.

09/14/2006 RMEBRAHT 00000076 500235 10015866

02 FC:2401 250.00 DA

Please direct all correspondence to the undersigned at the address given below.

Respectfully submitted,

A handwritten signature in black ink, appearing to read 'PKT', written over a horizontal line.

Peter K. Trzyna
(Reg. No. 32,601)

Date: September 11, 2006

P.O. Box 7131
Chicago, Illinois 60680-7131
(312) 240-0824